



# smokefree ZONE

Newsletter of the Rhode Island Department of Health Tobacco Control Program • September 2004  
[www.health.ri.gov/disease/tobacco/home.htm](http://www.health.ri.gov/disease/tobacco/home.htm) — Contact Carol Hall-Walker (401) 222-2589

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## WORD DeButts Scarborough Beach

WORD received wonderful coverage in the South County edition of the Providence Journal for their August 19th "De Butt Da Beach" cigarette butt clean-up at Scarborough Beach. Providence Journal reporter Chelsea Phua covered the event.

She talked with Alice Ottavi who brought her young children to the beach to participate because her four-year old son had once put a cigarette butt that he picked up on the beach in his mouth when he was 18 months old.

About 100 volunteers showed up at Scarborough Beach for the "De Butt Da Beach" effort organized by WORD. Kim Jones, WORD center coordinator said the exercise was an effort to draw attention to the possibility of tobacco companies paying a tax, as fast food chains do, to offset the price of cleaning up pollution.

Eugenia Marks, director of policy and publications for the Audubon Society of Rhode Island was quoted in the article as saying that cigarette butts are the main source of pollution on beaches. The Society participates in the International Coastal Cleanup



project directed by The Ocean Conservancy, and has led the state's effort in cleaning up Rhode Island beaches for 20 years. Last September, the project documented 83,556 pieces of debris on Rhode Island beaches. Of these, 28,521 were cigarettes or cigarette filters.

Also interviewed was Scarborough Beach lifeguard captain Matthew Leyden. He said a lot of cigarette butts get put out in the sand. He has asked beachgoers not to snuff out their cigarettes in the sand because they get buried and are hard to clean out. The filter

and tobacco in the cigarette butts have absorbed compounds such as cadmium, arsenic and lead that will remain in the environment between 5 and 15 years. Young children playing in the sand may pick up a butt and ingest it, or wildlife may choke on it.

Eugenia Marks called cigarette butts "a whole pellet of poison." And when the butts are not fully extinguished, people could burn their feet by stepping on them.

A state law passed in

*Continued to page 2*





*WORD DeButts Scarborough Beach, continued from page one*

the late 1990s enabled towns to designate smoking areas on town beaches, allowing other areas of the beach to be smoke-free. But only Barrington has implemented it through the efforts of high school students there. In southern California, a number of beaches are now smokefree.

After an hour, the group from WORD had collected a trash bag of cigarette butts, which it plans to present to Governor Carcieri. Kim Jones said the Governor had agreed to meet with them at the end of September.

Journal reporter Phua also spoke with some beachgoers at Scarborough that day. She said they were generally in favor of following California's example.

*With some excerpts from Providence Journal/Evening Bulletin Aug 20, 2004*

## Women and Tobacco Resources

Here is a resource that you might find helpful. Exploring Concepts of Gender and Health by the Women's Health Bureau, Health Canada. The publication date is June 2003. You can obtain a free copy by going to: [www.hc-sc.gc.ca/english/women/pdf/exploring\\_concepts.pdf](http://www.hc-sc.gc.ca/english/women/pdf/exploring_concepts.pdf)

## Local Teens Create Anti-tobacco Message

When the youth from 500<sup>3</sup> program sat down to create "Choke – The Board Game," they were serious about leaving their mark on the Central Falls community. Five local teens from area high schools spent most of last year creating something that was meant to be fun, yet educational.

500<sup>3</sup> created an anti-tobacco youth scholarship program based at Channel One in Central Falls. It was designed for five high school seniors from the Central Falls area to work together to develop an anti-tobacco message for the community. Following completion of the program, the youth would receive a \$100 scholarship award to further their education.

Each student selected for the project had to come with an idea to stop people from using tobacco products. Ideas varied from developing a power point presentation showing the effects of tobacco use on the body to developing a sticker campaign.

The final result is a game called "Choke-The Board Game," where the object is to inform players of the different phases and consequences of tobacco and smoking. The five students committed over 500 hours of their time as a group to this project. They developed surveys, fact sheets, flyers and working together, they became advocates in the community.

Maria Otero, tobacco education coordinator at Channel One-Central Falls said, "I really didn't know what to expect when they first got together. Everyone had a lot of good ideas, but it was up to them to decide which one would be the most effective at informing the community about the dangers of smoking." The board game has been used at Channel One and also at the Relay for Life, a cancer awareness program, in Pawtucket.

Recruitment will begin again in early September for five more high school seniors to work on a project this year. For more information or to apply, contact Maria Otero at Channel One-Central Falls at 727-7488 or at [meoch1@msn.com](mailto:meoch1@msn.com).

## No More Smoking on the Slopes of Black Mountain in Maine

The board of directors of Black Mountain in Rumford, Maine has voted to ban the use of all tobacco products everywhere on the mountain, including the slopes, lifts, buildings and parking lots. The policy applies to everyone. Black Mountain is the first ski area in the country to implement a policy like this. The board felt the policy would create a positive environment for children and adults and create a healthier community.



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AUGUST

## Pam Anderson's guide for living with a drunk

**Cheating, cube size, celeb envy**  
Compare yourself to other chicks in our juicy survey

**You'll never be able to look at Angelina, Gwen, Lauryn and Courtney the same again**

**Mother Nature can suck the fat out of your thighs in 20 minutes flat**

## 9 new Jackie O's for the 21st century

Yet another great reason  
to keep on smoking!

## Julia Stiles

Good lovin' advice from Mark Ruffalo and O-Tip

**Yet another great reason  
to keep on smoking!**

**NIC FIX Q:** I just quit smoking and am breaking out. Is this a detox or something? —Carol, Seattle **A:** Even with a crutch (like Wellbutrin XL or lollipops), your body gets frazzled by the absence of its beloved nicotine. "You're not shooting out poisons or anything, it's just that the stress makes cortisol levels skyrocket," says California derm Ava Shamban. This triggers acne, especially around your chin and mouth. Treat it with benzoyl peroxide, but also do relaxing stuff, like yoga or other exercise, to clear up your skin and make this transition less painful.

## See Jane Flop

The August of Jane magazine, a periodical targeted to young woman, contained a major gaff on its cover. The cover promoted an article titled, "Yet another reason to keep on smoking!" The magazine has been inundated with critical mail about this article that claims smoking will prevent acne and give you clearer skin. The article was a twisted example because a letter from a reader claimed that when she quit smoking her skin broke out. The magazine's advice was to keep smoking to prevent acne.

WORD youth from the Inner Canvas program were among the advocates who wrote to the magazine in protest of this blatantly false article. It's not too late to blast this magazine for printing something like this. Go online to [www.janemag.com/2001](http://www.janemag.com/2001) and let them know how you feel.

## BEAUTY CENTRAL

### What your face will be wearing

According to our illustrious fashion department, the biggest clothing trends for this fall are inspired by the 1920s, the 1980s and some austere Rustic-royalty look. (Don't worry, they're all cute with jeans and flip-flops.) We dug through the newest beauty goods and picked colors and textures that work with these style moments. —A.F./L.A.

## Flapper

From top: Clinique Touch  
Blush in Polar Crème,  
\$12; Sally Hansen  
Maximum Grease  
Glossing Nail Color in  
Hustle 2, Rust, \$4;  
Shiseido The Makeup  
Perfector Lipstick in  
Hustle Pink, \$20; Chanel  
Quintessence Eyeshadow in  
Fusion, \$54



**New Voyer**  
From Sup. M.A.C. Caring Teeth Guard in Psychomotor, \$14; Upper  
Dental Heavy Metal-Gitter Caring in Buffet, \$17; Dental Nail Enamel  
in Saw Enamel, \$8. New book in Text, \$10.

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**Czarina**  
From top: Maybelline Color Delights Cream Shadow and in Cabernet Cabaret, \$7; Exotic Luster Pure Color Lip Tint in Plum Czech Kiss, \$9; Lancôme Véronique Magnifique Nail Lacquer in Allée, \$15; Victoria's Secret Mascara; Bronzing Powder in Masque Opale, \$13

**NIC, FIK** I just quit smoking, and am breaking it. Is this a vice or something? —Cory, South Lake With a vice like nicotine, it, or perhaps, your body being hooked by the nicotine of the cigarettes. "You're not drinking and smoking or anything. It's just that the stress makes you feel like you're drinking," says California-born Ben Shuman. This biggest vice, especially around your skin and health. "Quit a little longer, people, but also do relaxing stuff. Use yoga or other exercises to clear up your skin and make this nicotine less painful."

**HEAVY DUTY PROTECTIVE**

[illegible]



## WORD Center youth take part in community service...

August 21st was hot, very hot, but that didn't stop 16 WORD Center youth from getting up early on a Saturday morning to help in the Back to School Celebration at the West End Community Center. This is an annual event sponsored by the Providence School Department, Sodexho, Neighborhood Health Plan of Rhode Island and other community sponsors.

There was free food, raffles, free school supplies, and live entertainment. WORD's job was to teach bus safety to those who will be riding the school bus.

Hold on a minute. "WORD is a tobacco control program, what do you all know about school bus safety?" one might ask. Well, thanks to assistance from staff of the Injury Prevention Center and First Student, WORD youth learned several key safety tips that they were able to pass on to their peers and younger bus riders at the celebration event. We learned about compartmentalization and the real reason why there is "NO EATING ON THE SCHOOL BUS!!!"

It was a fun day had by all. The WORD Center dancers performed. You should have seen Providence School Superintendent Melodie Johnson "gettin' down" with them as the DJ played! WORD looks forward to sharing in more opportunities where we can have a positive impact on our community!



### Local News

Steve Horovitz of NRI Community Services wrote to tell us that NRI is hosting two Nicotine Anonymous meetings at the St. Joseph Hospital site at 21 Peace Street, 2nd floor east in Providence. Groups are being held on Tuesdays at Noon and Thursdays at 4:00 PM. Call Steve at 521-3000 for more information and request either the Nicotine Anonymous meeting or Tobacco Cessation treatment.

Kathy Richer of Tri-Town CAP wrote that their cessation groups are going well, with numbers increasing because the agency has been promoting the programs. They will also have three more therapists attending the University of Massachusetts Tobacco Treatment certification program in September.

Martha Brough of Thundermist Health Center of South County wrote that she conducted an on-site cessation program at a company in North Kingstown. She began with 12 participants and ended with 8 graduates.

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